



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

West Virginia

All statistics are based on parental reports.

National %	State %	
14.8	20.9	Percent of children who are overweight
21.9	28.3	Age 10-11
14.4	21.5	Age 12-14
10.7	15.2	Age 15-17
22.4	32.1	0-99% Federal poverty level
19.0	22.3	100-199% Federal poverty level
13.7	16.8	200-399% Federal poverty level
9.1	8.9	400% Federal poverty level or more
18.1	26.8	Male
11.5	14.8	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	77.1	
78.2	84.8	Age 10-11
74.2	80.5	Age 12-14
63.3	67.8	Age 15-17
76.8	81.6	Male
65.6	72.6	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	55.7	
61.5	64.8	Age 10-11
61.6	55.6	Age 12-14
53.4	49.5	Age 15-17
62.1	58.1	Male
55.0	53.3	Female
72.9	75.0	Percent of children with at least one parent who exercises regularly